

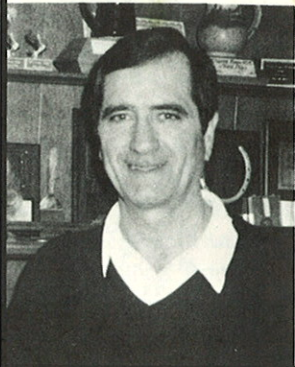


THE TODDS ROAD millemarker

Newsletter of the
Todds Road Stumblers, Inc.
Lexington, Kentucky

Number 11

Winter 1986



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AT THE STARTING LINE

by Kenneth J. Pike

CERTIFIED RACE COURSES

Over the last year we have listed the race courses in Kentucky that have been certified under the new TAC/RRCA guidelines. There are now about 25 courses that have received full certification. Most of them are located in Murray, Louisville and Paducah. Now there is finally one in our area because the Capitol Expo 10K course in Frankfort has recently been approved. If you are fast enough that you might some time set an age group record, you would do well to be sure in advance that the races that you run are on certified courses. Otherwise your performance might be disallowed.

500 MILE CLUB UPDATE

Since our Fall issue four more hard-working dedicated Stumblers have logged the distance necessary to qualify for the 500 Mile Club. This brings the total membership to 89. New qualifiers are:

Lee Anderson - September 28
Gene Stefanik - October 12
Jim Timmons - November 9
Betsy Brooks - November 23

Congratulations to all!

TODDS ROAD TRIVIA

In our last issue we posed the following questions:

1. Between the 2.0 and 2.5 mile marks on the six mile course is a historical marker. What does it say?
2. At the 3.5 mile mark on the eight mile course is another historical marker. What does it say?

The marker in the first question is at the site of the home of Roy Stuart Cluke who was a Colonel in the Confederate Army. The marker in question two designates the location of the Colbyville Tavern which was built in the 1820's by Colby Taylor as a place of rest and entertainment on the stage road from Winchester to Lexington. The next time you are passing these spots, you should stop and read the rest of these two interesting stories.

For our next test of your knowledge of Todds Road Stumblers lore, our subject is "The Movies."

In the film entitled "We've Never Been Licked" starring Robert Mitchum, Noah Beery (Junior) and Ann O'Driscoll, a certain well known Stumbler appeared in a non-speaking role. Can you name the

him/her?

Hint #1: The film was shot at Texas A&M.

Hint #2: The filming was done in 1942.

Think hard now. You have 129,600 minutes to answer!

PERSONAL RECORDS FOR 1985

Very soon we will be posting a new signup board in the clubhouse so that you can list any PR's that you set in 1985. We had one up during the summer and fall, and several members had filled in some data, but somehow that board disappeared. To be sure that no one gets overlooked we request that everyone come

out and list your new records before March 1, 1986. If you live too far away to visit the clubhouse then just mail the information (your name, name of race, race distance and time) to the Milemarker post office box. Our staff will summarize everything for printing in our Spring issue.

EVENT CALENDAR FOR 1986

Make room on your calendar for the following club events.

Annual Trash Cleanup - March 22
Kentucky Relays - April 18-19
Stumblers Picnic - July 14
High School State
Crosscountry Meet - Nov. 1
New Year's Eve Run - Dec. 31 ■

RUN FOR LIBERTY II

by Phil McConathy

On October 12, 1985, the Strohs Run for Liberty II was held at Athens, Kentucky. The weather was sunny and hot which made the race difficult for obtaining PR's. The known Stumblers who received age group trophies are as listed below:

NAME	OVERALL	PLACE	AGE GROUP
Richard Hopkins	9th - 27:48	3rd	20-24M
Mike Rafferty	4th - 27:08	1st	35-30M
James Sackett	7th - 27:30	2nd	35-39M
Stan Briggs	32:15	3rd	45-49M
Martin Ginocchio	35:12	2nd	50-59M
Harry Campbell	47:37	1st	60+M
Brenda Curd	36:05	1st	20-24F
Lou Sievers	33:53	1st	30-34F
Sharon Blount	Unknown	2nd	45-49F

Congratulations to all of the above award winners and to all participants due to the good cause that this race represents in regard to the Statue of Liberty restoration project. ■

PARAGON 10K

by Stan Briggs

The first annual Paragon 10K to benefit the Special Olympics was held on October 5. A total of 230 runners competed on this cool, clear morning over a challenging course. Traffic control was excellent, the after-race refreshments hit the spot and some very interesting merchandise awards were handed out during a post-race drawing in front of the beautiful new Paragon office building.

A number of Todds Roaders were award winners as listed below:

NAME	TIME	PLACE	AGE GROUP
Lou Sievers	42:18	1st	W 26-32
Janet James	48:38	2nd	W 33-38
Christie Robinson	46:22	2nd	W 39-44
Susan Cox	45:53	1st	W 45+
Sharon Blount	56:01	2nd	W 45+
Jim Omohundro	37:18	3rd	M 20-24
George Braman	34:17	3rd	M 25-29
Mark Morgan	35:45	3rd	M 30-34
Tony Szwilski	33:49	2nd	M 35-39
Bill Harshbarger	36:04	3rd	M 35-39
Dave Wachtel	38:30	3rd	M 40-44 ■

GET TO KNOW BARBARA COOK

by Dan Seaver

With the Fall 1985 Milemarker read and filed away, my thoughts turned recently to the interview I would do for the next issue of the Todds Road Stumblers newsletter. I was looking for someone to interview who was both interesting and involved in a wide variety of activities. Barbara Cook was recommended to me as a good candidate.

Shortly afterwards I dialed her number and waited as the phone rang twice. Then a tape recorded message from her answering machine began, "Hi this is Barb...world famous runner, weightlifter, waitress extraordinaire, French teacher and massage therapist." I was told that she was probably engaged in one of these activities at the moment, but if I left my name and phone number at the sound of the tone, she would get back to me as soon as possible. The recording closed with..."Hey just remember, it's not how you feel, it's how you look. And *daahling*, you look *mahvelous*."

I heard the tone, but I was speechless. I had never encountered a recording before quite like this one. To say that I was somewhat bewildered is understating the situation. I didn't even recover in time to identify myself or say why I was calling. But I knew this was the kind of person I was seeking for my interview.

The interview with Barb a few days later lived up to my expectations. I quickly discovered that she leads a very interesting life with a host of activities that keep her on the go constantly. Aside from running, something she says helps keep her sane, Barb devotes time each week to many different pursuits. For example, you will often find her lifting weights at Ford's Fitness Center as a part of her morning workout. She got involved in this pastime because Barb felt that, in addition to running, she should be doing something for her upper body as well. These days she pumps iron for fun and for the way it makes her look and feel. It has also given her a lot of self-confidence which is so important if you work with the public. And that's exactly what Barb does at the Lexington Country Club where she has been employed as a waitress since 1981. Being a "waitress extraordinaire" has its benefits we are told. She has made great contacts and met some wonderful people.

At other times you will find Barb



D. Seaver

teaching French through Transylvania University's Community Education Department, or perhaps privately tutoring persons who hope to increase their knowledge of the language. Barb is well-prepared to serve in either capacity. She has a bachelor's degree and a master's degree in French from the University of Akron. But teaching French full-time has never appealed to her. Barb simply has too many other interests.

That certainly is obvious by her involvement with massage therapy. She became interested in this activity, and particularly athletic massage, following a fall at work when she injured her hip and back. After seeing a physician and a chiropractor, she was encouraged to try massage therapy. Some time later Barb became acquainted with a therapist at Humana's Executive Fitness Center. Together they took a course in athletic massage this past spring. Following several months of practice, she has become quite adept in this area as Bob Maclin and a few other Todds Road Stumblers can attest. She hopes to do much more with athletic massage in the future.

Barb finds time for other interests including playing in the Lexington Kazoo Band. Many of you may have seen the group perform at the Fourth of July parade, the Christmas parade, or even a Cincinnati Reds game. She describes the band as a bunch of well-respected Lexing-

tonians, who through their musical antics, "enjoy going out and acting foolish in front of lots of people." Barb says being in the band is great fun. In addition, the group has been recognized for its achievements the last two years in winning the Mayor's Cup awarded at the end of the Fourth of July parade.

Barb's dog Minx, an Afghan hound, is another important part of her life. She is the "fastest Afghan in the city," according to Barb. Minx is not only a great companion, but also an able competitor as her racing record has shown at the Bluegrass Coursing Club's spring and fall trials.

One of Barb's plans for the future is a trip to Australia. Two years ago she was present for the finals of the America's Cup yacht race at Newport, RI. At that time Barb met some Australians who invited her to their country to watch the yacht race in 1987. She says the invitation looks too good to pass up, especially since her interest in sailing has grown. This past summer she spent a week in Massachusetts learning to sail a STAR boat, the kind of sailboat that is raced in the Olympics. Barb says that sailing is an exhilarating experience.

I came away from the interview feeling that here is someone whose priorities involve making time for many diverse activities including running. I discovered that Barb was every bit as interesting in person as her answering machine led me to believe she would be. And by the way, she looked "mahvelous" too! Get to know Barb and you'll see what I mean. ■

CHICAGO MARATHON

by Nick Nickell

While Steve Jones ran a remarkable 2:07:13, our own Todds Roaders were in hot pursuit. Dick Hutchison led a contingent of six local runners who completed this year's America's Marathon in Chicago on October 20. This was the first marathon for Debbie Howard and Bob Maclin. Below are our enduring runners:

NAME	TIME
Dick Hutchison	3:42:12
Debbie Howard	3:44:52
Rob Lyon	3:47:13
Kim Dusch	3:48+ P.R.
Bob Maclin	3:49:19
Debbie Smiley	4:18:21 ■

STUMBLERS ON THE MOVE

by Suzanne Sanders

Congratulations to UK track coach **Don Weber**. To quote the December 6 Herald-Leader article by **Mark Maloney**:

"Weber picked up women's Coach of the Year honors at the Southeastern Conference and NCAA District III cross-country meets, and is a strong candidate for NCAA Coach of the Year.

"His Lady Kats won the SEC title, placed second in the District III meet, then shocked even themselves by placing fourth in the recent NCAA Championships, making 1985 the best season ever for women's cross country at UK. That's heady stuff for a team with no seniors, two juniors, two sophomores and *nine* freshmen."

We all are proud of Don and his team.

The Todds Road Stumblers Club is also proud to be listed as one of the 25 very best reasons for living in the Bluegrass in the Oct./Nov. issue of **Bluegrass** magazine.

A special welcome to new member **U.S. Representative Larry Hopkins**. He was out in November to run the six miles and received his t-shirt.

That same Saturday **Jan Grigsby** was visiting from his Delta location south of Atlanta. Also visiting was **Clenet Ellis** who will be moving back to Lexington after the first of the year. Clenet has been in Burlington, North Carolina and Owensboro, Kentucky for the last two years. **Dr. Tom Pauly** will soon be moving back to Lexington from Charleston, West Virginia. Tom will be working with Humana and the University of Kentucky beginning in early January.

We are always happy to report on Stumbler weddings. This time we are doubly happy because **Lee Powell** and **John Carroll** joined in marriage on November 29.

Dan Dusch is now with the U.S. Post Office. He has seen a number of his running friends as he makes his appointed rounds.

Earl Freeman has joined the traveling Stumblers. In October, he was in Florida to watch a space shuttle launch and in November he went to Dallas for the White Rock Mini-Marathon.

Ray Reynolds has had to back off on his training due to a tibial stress fracture. He is on the mend and should be back in action soon.

Dick Robinson has not been running for several months due to a heel spur. After rest did not help, Dick finally was treated with a cortisone shot. His heel is feeling better but he has not run on it at this time.

John Pendleton had surgery in October. He was treated for tingling and numbness in his hands and weakness in his arms. He had a disc and bone spurring removed, and bone grafting to fuse his 4th and 5th vertebrae. He can have no physical activity until a check up on January 13.

A bone chip in the foot did not keep **Janie Fergus** from running a 3:16:50 first marathon in Louisville on November 10. Janie knew she had an injury before the marathon but did not find out it was a bone chip until afterward. Her time qualified her for the Boston Marathon.

On December 4, **Bob Maclin** had surgery to have a couple of non-running problems repaired. **Dan Kenady** was one of his surgeons. Bob cannot drive or swim for a month, much less run. Just like the way he races (fast), he is making a quick recovery.

Bob recently became a grandfather. **Robert E. Maclin IV** was born on October 7, weighed 8 1/2 lbs. and was 21" long. His parents are Robert E. and Joy Hembree Maclin III.

On October 8, **Pyddney** and **David Jones** had a girl named Kathleen Anastasia. Katie weighed 6 lbs. 13 oz.

Tom and Ellen Clark Hagerman has a boy on September 15. Bartley Kemble weighed 7 lbs. 2 oz.

Matthew Lewis Collins was born on November 25 to **Jan** and **Don Collins**. He weighed 7 lbs. 9 oz.

Here is a bit of Todds Road trivia. The curve between the 1/2 and one mile (where the cows always greet us) has been named Deadman's Curve because of all the wrecked vehicles early morning Stumblers find there. The last victim in the series was a new black Porsche.

Welcome to the new members since the Fall issue:

David F. Elkin, Mark F. Elkin, Dan M. Fay, Ginny L. Henrichs, Ann E. Houser, Stephen G. Hyslop, Jeffrey F. Lagrew, Hilda J. Louthain, Robert W. Lyon, Quinton L. Marks, Robert M. Matlock, Jerry R. McDonald, Karen E. Miller, Phil Powell, Caren Rahn, Richard D. Rahn, Kevin L. Smith, Gary G. Stansberry, Pat Stone, Webb B. Willmott, Sean P. Boonpraonc, Steve Merritt, I. Lee Askew, John W. Culbertson, Carlos M. Galceran, Laura J. Galceran, Ellen Clark Hagerman, Beth A. Hawes, Milan M. Jevitich, Mark Koller, Susan Lynn Maddox, Thomas C. Martin, Lee McIntosh, Robert C. Mudd, Pamela J. Pendorf, Larry T. Quisenberry, Rue Walther, Charlie Whinham, Ellen C. Wurster, David Atkinson, Jeff A. Hoogerheide, Emily Sherwin, Diane Soltis, Katie Stamps, Linda Thomas, Lyn Wilder. ■

SONAT VULCAN 10K

by Nick Nickell

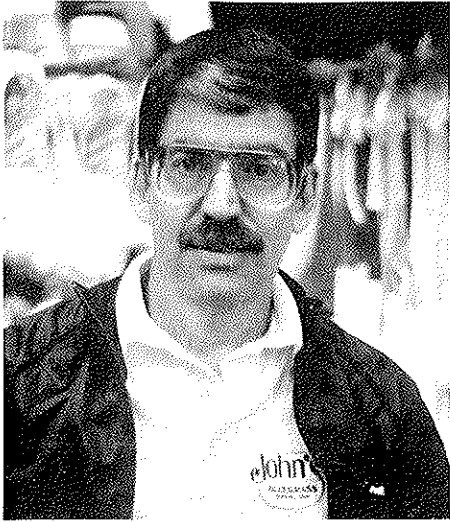
Ashley Johnson, an Englishman attending Western Kentucky University, broke away from a tight pack to win this year's Sonat Vulcan Run 10K in 28:56. With a warm sunny day for Birmingham, on November 23, a crowd of 4,200 runners competed with this very strong field. Lexington was well represented with our own Bernadette Madigan finishing 7th woman overall, and Bev Lewis as the 9th woman overall. Don Coffman of Frankfort took top masters runner. Listed below are the age group winners who made the trip:

NAME	TIME & PLACE	AGE GROUP
Dave Schaufuss	30:12 - 1st	25-29
Don Coffman	31:41 - 1st	40-44
Gary Strowig	31:19 - 4th	30-34
Randy McDowell	31:20 - 6th	25-29
Bill Olrich	33:12 - 1st	50-54
Bob Maclin	43:15 - 3rd	60-64
Bernadette Madigan	35:44 - 7th Overall Woman	
Bev Lewis	35:58 - 9th Overall Woman	
Mary Nagel	48:14 - 5th	40-44

In addition, Dave Wachtel ran a 3:07 the next day in the Vulcan Marathon. ■

GET TO KNOW JOHN SENSENIG

by Becky Reinhold



Nestled in Chevy Chase shopping center is a shop that most of the Todds Road runners have visited - John's Running Shop. The owner, manager and "key" employee is John Sensenig, a familiar face at Todds Road and at most of the local races. John, who is unbelievably 50 years old, started the running shop about eight years ago while he was still a professor at the University of Kentucky, teaching social psychology. He was an avid runner at that time and saw a great need for a total runners shop. No one in the Lexington sporting goods business seemed to know anything about running. He had been with the university for 11 years and though he enjoyed teaching, he had become burnt out with the research and decided to go into business for himself. He originally had a partner and one employee, while he was still teaching part-time. After he finally gave up teaching he bought his partner out and manned the store himself. He laughs, remembering when he would put a sign on the door saying "Gone to lunch, back in 10 minutes!" John actually started the shop before running became a craze. He remembers a time when there were only 4-5 types of running shoes available. Now shoe companies contact him daily to carry their shoes in his shop. John says his best selling shoe is the Nike Pegasus and that the Runners World shoe ranking has a big effect on his sales.

When a company puts a new shoe on the market and wants John to stock it in his store, John always asks for a trial pair. Then either he or an employee run in the shoe for a time to see how it tests on the road. This is an example of the conscientious nature of John's Running Shop.

John tries to avoid being an elitist type shop - he wants all levels of athletes to feel comfortable and insists that his employees (all runners) know the merchandise. There is always someone willing to help and advise the beginning runner as well as the old pros on which shoe is best for each individual. John says that approximately 65% of his sales are shoe sales because shoes are a necessity to the runner, where running clothes are a matter of comfort and convenience. He tries to stay with functional running clothes and not deal with "fashion" wear.

In the last few years John has ventured into the thankless job of race director. He originally worked as a consultant for races, but when he invested in a clock and other necessary equipment he began to charge a fee for directing the race. In the old days the Parks and Recreation Department used to put on all the races and only the top award winners received t-shirts.

John began running high school cross-country in New Jersey where he was 5th in the state and went on to the University of Texas as a walk-on. He ran varsity track, drank beer and almost flunked out of school! The next year he took classes he was interested in and found he really enjoyed academics. He completed his education by receiving his PhD in social psychology at Duke University.

John's running has taken him on the normal route of 10K's, mini-marathons, marathons (including Boston twice), ultra-marathons and he is now involved in triathlons. He qualified for the Hawaii Iron Man competition by placing second in his age group in Muncie, Indiana. He remembers that race well because he misplaced his glasses and after the swim he had to bike in his prescription green goggles so he could see where he was going. The onlookers dubbed him "Frogman" and thought he was some kind of crazy man. Fortunately he wasn't competing in his Todds Road shirt that day!

The run was next and since it was a scorching hot day, John took his shirt off. About a mile into the run he realized that his race number was pinned to the shirt. Being a race director himself, John didn't feel he would get much support at the finish line without his number so...turn around, go back, find shirt, get this

triathlon over with, and amazingly qualify for the Iron Man! Though he didn't go to Hawaii that year he says he would like to try it sometime.

When John is not at the running shop he enjoys traveling, reading, biking, swimming and, of course, running. He enjoys the aspect of having his hobbies tie in so closely with his business. He attributes the success of the shop to the time he has put in as well as to his loyal Todds Road customers!

John is an interesting person to talk with and if you haven't visited him at his running shop, stop in just to chat or buy a Todds Road sweatshirt. Chances are you'll bump into some of your running friends already there. ■

PERSISTENT PAIN

by Ray Reynolds, M.D.

Groin pains are fairly common among runners with the accompanying dilemmas of when to rest and when to seek medical advice. Pelvic stress fractures, fortunately, are infrequent but occur mainly in runners. A recent study from South Africa focused on pelvic stress fractures in runners (*Am J. Sports Med.* 13: 120-23, 1985) and its key points deserve review.

The 12 runners ranged in age from 21 to 54 years and included only four females. Most of the runners logged over 50 training miles per week. The onset of painful symptoms usually began during races or fast training runs. A dull groin ache after running was common. All runners were unable to stand unsupported on the leg of the affected side. In other words, putting on pants had to be done in the sitting position. This sign is usually not present in groin muscle injuries.

All runners had localized tenderness along the pubic bone. With muscle injuries the tenderness is more diffuse or over a larger area. Of greater importance, only five of 13 fractures were evident on routine X-rays. Bone scans when performed were positive in all cases.

The only prescribed treatment was avoidance of running, with recovery lasting from eight to 28 weeks. The recovery period was not shorter in those who initially had negative X-rays.

With a recent personal experience including a tibial stress fracture, I can confirm that these same points may apply (see "Persistent Pain" page 9)

RUN USA - SIX MORE STATES GONE!

by Dick Robinson

Those Stumblers keep on filling up the map. Six more states have been graced by a participant wearing the "Todds Road Stumblers" shirt since our last newsletter. The following states are no longer available: Alabama, Florida, Illinois, Indiana, Iowa, Kansas, Kentucky, Nebraska, Tennessee and Texas.

Remember the rules: Runners must wear TR shirt in the race, race results or race information and a picture of runner in TR shirt need to be submitted along with time, distance, date, etc., to:

Milemarker
Box 223
Lexington, Ky. 40584

All names, dates and pictures will be affixed to the large USA map at the clubhouse for all others to admire and discuss.

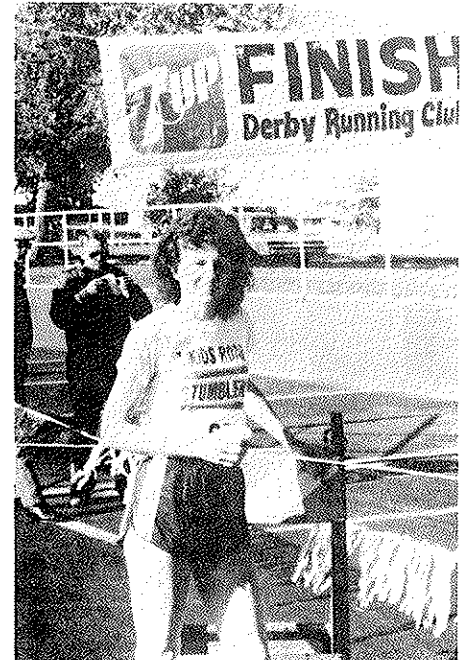
Lots of interesting things are happening according to the submittals we are receiving (and we appreciate the notes that come with the submittals). Kathy Kirk, now Kathy Kirk Cardenas, sent the widely recognized headline "Todds Road Stumbler Places in Derby." It's true! Kathy ran (and ran well with a 49:12 10K) in the Derby, Kansas race. So what if it wasn't the "Derby" we all think of.

Harry Campbell, after running behind Keith Brantley's 29:10 10K in the Sanibel



Debbie Lacy (L) and Pam Tucker of Texas.

Sunrise 10K in Florida (and way behind we might add), was proud and pleased when Brantley came directly to Harry after the race and said he spotted the TR Stumbler shirt. Brantley, who is on the cover of November's *Running Times*, said the shirt was world famous. So there, Yankee pinstripes!! You've got nothing on the



Kathy Kirk - Cardenas of Kansas.

worldwide recognition of the TRS singlet. Jeff Baldwin ran in the largest race in Nebraska history - 7,300 participants. John Dickinson beat University of South Alabama Cross Country team runners in capturing first place in the Great Pumpkin 5K.

Keep the cards, letters and pictures coming. Let's cover the map.

NEW QUALIFIERS

Harry Campbell
Sanibel Sunrise 10K
Sanibel Island, Florida
October 19, 1985

Debbie Lacy and Pam Tucker
L'eggs/YMCA 10K
Dallas, Texas
September 28, 1985

Ron Sanders
Old Hickory Run
Nashville, Tennessee
September 28, 1985

Kathy Kirk
Derby First Annual 10K
Derby, Kansas
October 5, 1985
3rd place in age group

John Dickinson
Great Pumpkin 5K
Mobile, Alabama
October 26, 1985
Overall winner in 15:05 ■

WENDY'S CLASSIC 10K

by Nick Nickell

Saturday, November 9, was the date of this year's Wendy's 10K run. Gone was the heavy downpour from last year that drenched everyone throughout the race. This year's race was run under clear skies with a fairly stiff breeze. With over 5,000 official entrants, this is the second largest race in the state next to the Louisville Mini-Marathon. Several Todd's Roaders made the trip to Bowling Green for the 11:30 start, and some stayed to watch the UK-Vandy game on TV after the race. Below are the known PR's and age group winners.

NAME	TIME OR AWARD WINNER
Bill Stofer	44:02 PR
Bob Hart	42:10 PR
Tommy Glover	40:21 PR
Bob Maclin	42:43 Award Winner
Mike Raftery	34:09 Award Winner
Judy Collins	46:10 PR
Dave Schaufuss	30:01 9th Overall
Don Coffman	31:41 Award Winner
Danny Place	36:23 Award Winner
Wendy Frazier	39:22 PR-Award Winner
Bill Olrich	32:57 Award Winner

Since they don't publish overall results, it is difficult to know who did what unless we hear from you. ■

GET TO KNOW DICK HUTCHISON

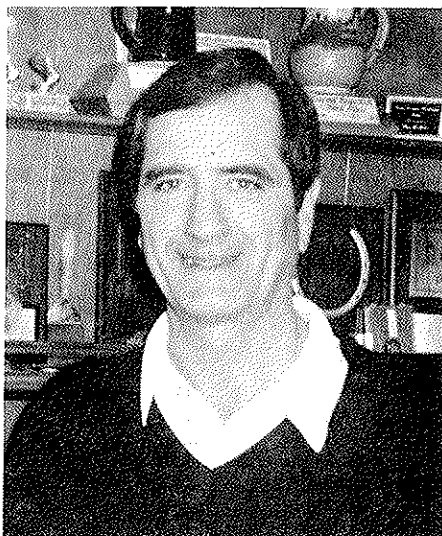
by John Wisniewski

There are few members of the Todds Road Stumblers who can claim that all those Saturday morning runners are visitors to their daily running routes. Dick Hutchison is one of those who can do so. Dick lives only a few minutes from the clubhouse on Riviera Court with a Pine Grove, Kentucky address. Many of his daily training routes are the same miles of beautiful but hilly workout trails we follow on Saturday mornings.

Dick was born and raised in the borough of Queens in New York City. Before he moved here he lived in Smithtown, Long Island, New York -- a life long New Yorker. When he moved to Lexington in May of 1977, he wasn't quite sure if he had made the right decision, but quickly he began to love the people and the Bluegrass region. Dick is a regional Director of Sales and Marketing for Wetterau, Inc., a company which is the third largest wholesale supplier of groceries to independent supermarket chains and the second largest producer of frozen dough products in the United States. Dick's job takes him all over the Bluegrass region and throughout Eastern Kentucky. Dick admits that his distinctive New York accent marked him at first, but very quickly both he and his customers gained respect and acceptance for each other. Dick feels he has found a home here in Kentucky and doesn't want to leave.

In January Dick and his wife Tia will be married 30 years. Tia is Dick's favorite cheering section at his races. She is not a runner but she likes to bike and walk through the countryside of Fayette and Clark counties. Tia likes to bowl and carries a terrific average of 175 plus. The Hutchison's have one daughter, Cindy, who is also a member of the Stumblers. Cindy currently is working at the Radisson Hotel in Lexington and she is also an accredited aerobics instructor.

It was after moving to Kentucky that Dick started to run in early 1979. He was a swimmer in high school, racing the 50 and 100 yard freestyle, but had not done a lot of physical conditioning since. Dick started with short treks up and down his street and then he was lured to the roads and gorgeous countryside with which we are familiar. On one Saturday morning workout Dick noticed a group of runners who had finished their run near the grocery store in Pine Grove. Dick stopped to chat with them, they invited him in for a cup of



J. Wisniewski

coffee and enrolled him as a member of the Stumblers. Dick continued to run with the Stumblers and was the fourth member of the 500 Mile Club. Dick is always a contender in road races he runs. At age 52 he continues to improve and grow stronger. Earlier this year Dick drove to Orlando, Florida to attend a wedding and while there he ran the Florida Festival Marathon at Seaworld. The tough part was the way he did it; he drove to Florida on Friday, attended a wedding on Saturday, ran a 3:13 marathon on Sunday and then drove back to Lexington.

Dick's personal records include a 10K time of 38:35 which he set at Bowling Green in 1983, a 1:27 in the half marathon which he ran at Dayton, and a 3:10

for the marathon which he ran in Huntsville. Dick recently ran America's Marathon in Chicago. One of the biggest thrills of his life was running the Boston Marathon in 1984. Dick said he was exhilarated as he conquered Heartbreak Hill at the 18 mile mark in the race. Dick's running and racing portray his attitudes. Dick believes that one can overcome anything if you can understand it. With running, it's the long miles on the road that prepares one to understand and conquer the marathon. Dick feels that runners are the friendliest group of people he knows, and he thoroughly enjoys his training runs with fellow Stumblers on Saturday mornings. When out of town he wears his Todds Road shirt and he is amazed by the number of people around the country who will stop and talk with him about the Stumblers or some aspect of the Lexington area.

Dick runs most of his workouts in the mornings on the roads near the clubhouse. He has become well known to most of the local people who travel these roads. They wave to each other most every morning as they pass. Dick has had only one scary time when a driver wouldn't yield to him but instead attempted to run him off the road. Dick was able to find out who the driver was and had a heart to heart discussion with him. Now they wave as they pass. His friendly and positive approach to life is one of the many reasons why its good to know Dick Hutchison. ■

BLUEGRASS MINI-MARATHON

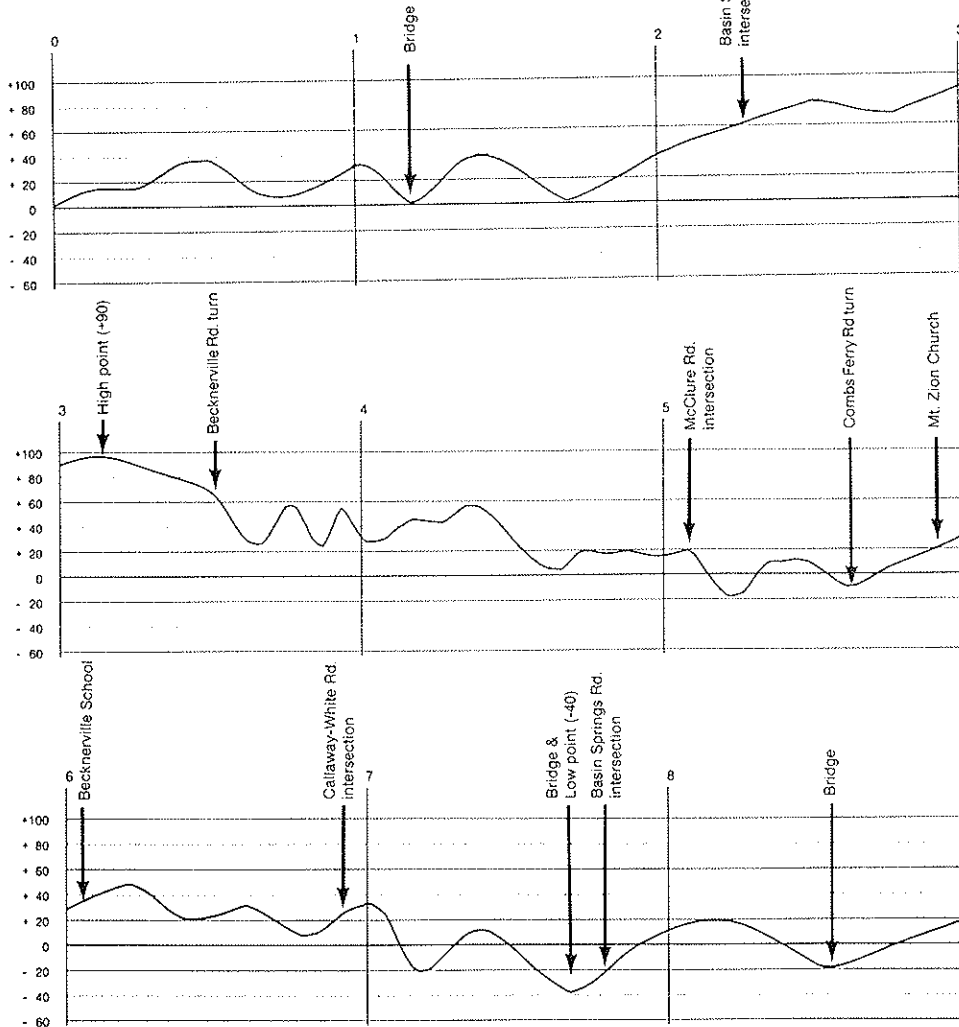
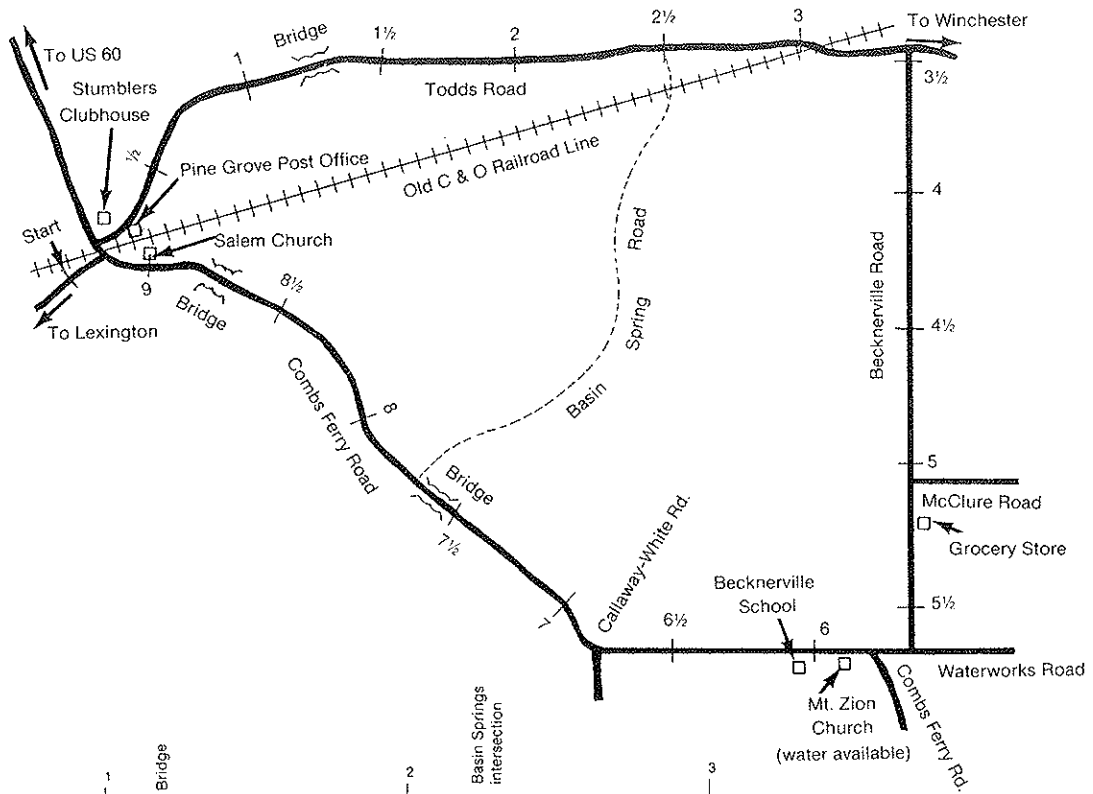
by Nick Nickell

A small but brave crowd of 58 official entrants finished this year's Bluegrass Mini-Marathon (13.1 miles). The race was held on October 26, and the overall women's winner was our own Lou Sievers, with a time of 1:34:22. With so few entrants, we were able to look up all runners as to whether they are official Todd's Roaders, and they are listed below:

NAME	TIME	PLACE
Robert Green	1:23:09	4th
David Wachtel	1:28:30	9th
R. Qualls	1:29:40	11th
Dan Wells	1:30:08 PR	12th
Lou Sievers	1:34:22	17
John Workman	1:37:37	21st
Robert Rogers	1:40:10	26th
Claude Genain	1:41:12	28th
Suzanne Sanders	1:41:13	29th
Steve Tevis	1:41:44	31st
July Collins	1:45:04	37th
Martin Ginocchio	1:45:04	38th
Lythia Metzmer	1:45:25	40th
Terry Parks	1:46:09	42nd

THE NINE MILE COURSE

by Kenneth J. Pike



Several months ago we presented you with an elevation profile of the six mile course. Now that you have recovered from the shock of seeing the hills that you run, we are going to show you the nine mile course.

I can still recall the first time I ran the nine; I had nightmares about the Becknerville Road part for the next three months! This is the course that Ron Sanders says is basically flat because you start and finish at about the same elevation.

When you start training on this course it is a sure sign that you are trying to move up from the level of recreational jogger to that of the committed runner or future marathoner.

I hope you will find the map and elevation profile interesting, informative and not too discouraging. ■

RACE CALENDAR

by Bob Maclin

Looking for a marathon to run? Lots of cold weather and sunny climate marathons are coming up. See the January, 1986 "Runner" magazine for a detailed list. There are also the old standby March and April races in easy traveling distance from Lexington such as the Triple Crown races in Louisville, the Cincinnati Mini Heart 15 and the Lexington Spring races such as the "Run for the Clover" and "Run Kentucky Run," plus a new version of the K-Mens race.

This list is prepared from many sources so please remember to verify the race, time of race, etc., before traveling to a race and also remember to send a self-addressed, stamped envelope when requesting entry forms.

JANUARY

- 1 - **Hangover Classic, 10 mile, Louisville:** Cherokee Road Runners, Louisville, Ky. 502-426-8712.
- 4 - **Jacksonville Marathon, Jacksonville, Fl.** 904-739-1919
- 5 - **Jackson 5-6 Mile Race, New Orleans, LA.** 504-899-2666
- 11 - **Miami Orange Bowl Marathon & 5K, Miami, Fl.** 12306 SW 117th Ct., Miami, Fl. 33146.
- 17-18 - **Jamaica Marathon & 10K, New York.** Sunburst Holidays, 4776 Broadway, New York, NY 10034.
- 19 - **14th Annual Tenneco Marathon, Houston, TX.** Box 2511, Houston, TX 77001.

FEBRUARY

- 1 - **Frost Bite Half Marathon, Nashville, TN.** Nashville Striders, 1000 Church St. Nashville, TN 37203. 615-264-0631.
- 1 - **Miami Orange Bowl 10K, Miami, Fl.** 12306 SW 117th Ct., Miami, Fl. 33146.
- 1 - **Las Vegas Marathon, Las Vegas, NV.** Al Boka, 602 S. Maryland Pkwy., Las Vegas, NV 89101.
- 8 - **Gasparilla 15K, Tampa, Fl.** Box 1881, Tampa, FL 33601.
- 9 - **Tellico Parkway 20K, Knoxville, TN.** Allan Morgan, Knoxville Track Club, 752 Cessna St., Knoxville, TN 37919.
- 15 - **WHAS Fitness Run 5K & 10K, Louisville, Ky.** 502-459-5606
- 15 - **Fifty Mile Run (4th annual) Oak Mtn. State Park (Al.)** Birmingham Track Club, c/o Rick Melanson, 2704 Vestavia Forest Ter- race, Birmingham, Al. 35216. 205-979-1731. Deadline February 1, 1986.
- 22 - **Smoky Mt. Marathon, Oliver Springs, TN.** Allan Morgan, Knoxville Track Club, 752 Cessna St., Knoxville, TN 37919.

MARCH

- 2 - **St. Mary's Marathon, Lexington, Park, MD.**
- * - **Run for the Sun 4 Miles, Louisville, Ky.** Ken Combs, 502-895-3410.
- **15 - **Rodes City Run 10K, Louisville, Ky.**
- 17 - **Run for the Clover 5K, Lexington, Ky.** John's Running Shop, 321 S. Ashland, Lexington, Ky. 40502
- 17 - **St. Patrick's Marathon, Virginia Beach, Va.** Running shops.
- 23 - **Cincinnati Heart Mini Marathon (15K), Cincinnati, OH.** 513-683-8956.
- 29 - **Run for the Arts 5K & 15K, Louisville, Ky.** Gil Clark, Box 36452, Louisville, Ky. 40233, 502-459-5606.

APRIL

- 5 - **WHAS Crusade for Children 10K, Louisville, Ky.** Gil Clark, Box 36452, Louisville, Ky. 40233, 502-459-5606.
- 6 - **Run Kentucky Run 10K, Lexington, Ky.** John's Running Shop.
- 6 - **Cherry Blossom 10K, Washington, D.C.** Box 4594, Silver Springs, MD 20904
- 12 - **Diet Pepsi 10K, Louisville, Ky.** Gil Clark, Box 36452, Louisville, Ky. 40233, 502-459-5606.
- 19 - **K-Mens 10K, Lexington, Ky.** John's Running Shop.
- 26 - **Kentucky Derby Mini Marathon (13.1), Louisville, Ky.** Gil Clark, Box 36452, Louisville, Ky. 40233. 502-459-5606. ■

*Date to be announced. **Triple Crown Event

PERSISTENT PAIN

to all stress fractures. Such events are much more likely to occur during racing or sustained intensive training. Pain that is persistent and worsens with running is to be taken seriously. Using painkilling drugs only delays getting proper attention. Standard X-rays notoriously underestimate bone injury and stress fractures. Bone scans are quite safe and very sensitive.

With a stress fracture, patience is necessary in allowing time for healing to occur. Cessation of pain is the best indicator of healing. Avoidance of running during this time is critical. None of us need to be reminded of the two year odyssey of

a famous basketball player at UK.

Lastly, prevention of stress fractures should be discussed. Sudden increases or sustained intensive training in a running program are to be avoided. Changing running shoes at regular intervals to provide protection is also necessary. A proper diet including 1,000 to 1,500 mg. per day of calcium is essential. Correcting adverse biomechanical factors through stretching, strengthening and orthotics for the feet may all be necessary components of a healthy running program. All of these considerations are important as the years and miles take their toll on our bodies. ■

MILLER'S TRIATHLON

by Nick Nickell

This year's Triathlon at Boonesboro State Park was held under very hot and humid weather.

NAME	OVERALL TIME
Bill Harshbarger	2:02:22
Edd Frazier	2:15:41
Nancy Bonhaus	2:17:11
Dan Jordan	2:19:29
Bonnie Pigg	2:25:30
Jim Blackwell	2:27:51
Janie Fergus	2:30:27
Dan Wells	2:33:26
Dick Martin	2:40:03
Dick Warren	3:08:32
Leslie Maclin	3:15:39 ■

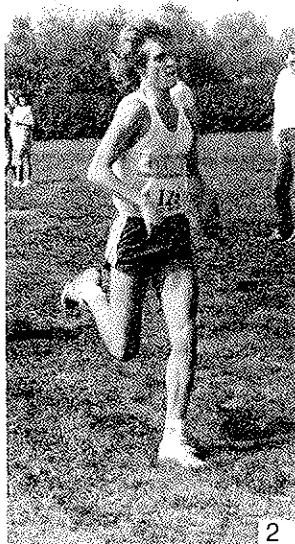
SCENES OF LAST SUMMER

by Kenneth J. Pike



K. Pike

1



K. Pike

2



D. Seaver

3

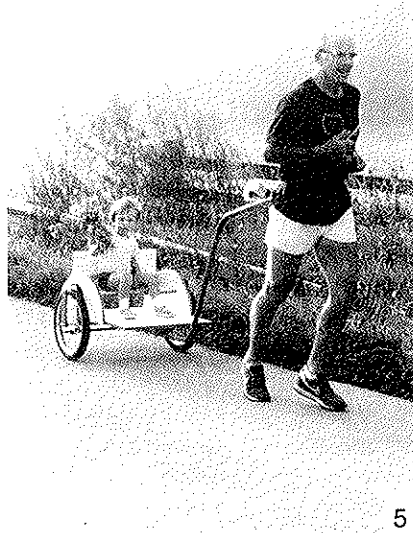
Here are a few reminders of last summer to help you get thru the cold days ahead.

1. Beth Collins racing for Eastern.
2. Russ Nally racing for Kentucky.
3. A hazy Saturday on the six.
4. George Van Meter running the six.
5. Babe Ray giving granddaughter Maggie a ride.



D. Seaver

4



D. Seaver

5

THOROBRED 10K

by Phil McConathy

On September 21, 1985, a challenging course provided over 500 runners a good test of their abilities. This course provides a very rolling and demanding race. The Stumblers who received awards are listed below:

OVERALL AWARDS

Cam Hubbard	1st Male	31:18
Kathy Lowe	3rd Female	42:43
Susan Cox	3rd Female-Masters	47:44

AGE GROUP AWARDS

NAME	PLACE	FEMALE	
		TIME	AGE GROUP
Brenda Curd	1st	44:39	19-24
Lou Sievers	1st	43:10	30-34
Janet James	2nd	51:11	35-39
Kathleen Huntington	3rd	51:29	35-39
Casey Hall	2nd	51:46	40-44
Sharon Blount	2nd	58:07	45-49
Mary Hawes	4th	61:13	45-49
MALE			
Jim Omohundro	3rd	37:21	19-24
Dennis Haddad	2nd	34:29	25-29
George Braman	3rd	34:50	25-29
G.M. VanMeter	6th	39:16	30-34
Dan Dusch	1st	33:55	35-39
Mike Rafferty	3rd	34:39	35-39
Robert Green	6th	37:35	35-39
David Wachtel	3rd	39:24	40-44
Ed Frazier	4th	39:59	40-44
D. Palmer	4th	41:56	45-49
Ralph Miller	1st	39:56	50-54
Thomas Watkins	3rd	45:04	50-54
Babe Ray	3rd	60:23	55-59
Harry Campbell	1st	62:48	65+
Jere Sullivan	3rd	99:24	65+

STUMBLERS UNDER THE MICROSCOPE

by Kenneth J. Pike

Many of you will recall that in October, 1984 our clubhouse was visited by Jan Derdowski, a graduate student at U.K. doing research for her Masters thesis in Educational Psychology. Jan asked Stumblers to fill out two questionnaires which were designed to measure certain attitudes and traits. In February, 1985 Jan sent us a copy of her thesis "Comparison of Positive Addiction and Personality Traits in Runners." It is a very scholarly work, complete with charts, graphs and statistics. After reading it several times I have gathered sufficient courage to try to write a brief summary.

In Chapter One Jan tells us that as the popularity of running has grown, its participants have been the subjects for a variety of research studies, mostly concerned with personality traits. These studies have shown that there definitely are differences between runners, nonrunners and participants in other sports. Many of these studies deal with the concept of Positive Addiction (PA). She states that the purpose of her study is to determine if there is a relationship between PA and selected components of personality.

In the background section Jan details several of the previous studies done on runners. In general these studies showed that when runners were compared to participants in less intense sports or to the average sedentary persons, the runner was found to be more imaginative, adventurous, trustful, friendly, self-sufficient and intelligent. When runners were compared to cross-country skiers both groups were similar with regard to imagination, self-sufficiency and independence while the runners were found to be more intelligent, subjective, tender-minded and creative.

Next Jan goes into great detail on William Glasser's theory of Positive Addiction. This subject has been covered frequently in the major running publications, but can be summarized as follows. A positive addiction is one that builds strength (especially mental strength) while a negative addiction decreases strength in every area of one's life except the area of addiction. There are seven generally accepted criteria that must be met for an activity to be positively addictive. The seven criteria are that the activity must (1) be non-competitive; (2)

be done for one hour each day; (3) require little mental effort; (4) be done without need for a partner; (5) have some spiritual or physical value; (6) offer improvement with continued effort; and (7) be done without requiring personal criticism. Jan goes on to show that Glasser's theory is supported by the results of several studies. At the same time there is a body of research that rates the addiction to running as being negative rather than positive. Two studies cited refer to negative results such as injury, fatigue, obsession, impatience and neglect of personal relationships and work.

In Chapter Two Jan describes her research method which consists of the subjects (46 men and 25 women), the apparatus (the two questionnaires and how they were graded), and the procedure (the conditions under which the data were gathered).

In Chapter Three she details the results of her study. Some of the major observations are: Average age is 35.75. Age range is 19 to 62. Average length of running career is 4.9 years. And the average duration of a run is 59.7 minutes. She found that 49% were addicted (50% male and 48% female), and of the addicted runners 96% of the males and 83% of the females compete. The balance of the chapter is a discussion of the statistical analysis of the data.

Chapter Four is titled "Discussion." Some of Jan's comments are:

*There was very little difference in the personality traits of males and females.

*As in other studies, this group tended to be quiet or introverted.

*There was a small correlation between positive addiction and dominance. This was surprising to Jan because Glasser's theory would indicate a strong tendency to compete or to be assertive.

*There was a strong negative correlation between positive addiction and self-discipline which surprised Jan. She suggested the possibility that as a runner becomes more addicted the necessary discipline to perform other tasks diminishes.

*Our group did not support Glasser's theory that addicted runners are composed or light-hearted.

*We also appear to dispute Glasser's criteria for addictive activity since such a high percentage of our addicted fellow runners compete. Jan comments that the requirement that the activity be non-competitive may not be important.

*Regarding the problem of dealing with withdrawal symptoms when it is impossible to run, many of our group said they could effectively substitute walking, swimming or cycling. This also disagrees with Glasser's theory.

In summary, our group supports Glasser's theory that addiction to running has a significant effect on selected personality traits. On the other hand we disagree with him that the effects of the addiction are positive. Jan says this suggests the need for further research and possible revision of theory and definitions. ■

DERBY CITY MARATHON

by Nick Nickell

November 9 was the date of this year's Derby City Marathon. The runners faced a new course which starts and finishes downtown, with a side-trip over to Indiana. With 559 finishers, this race has declined in popularity from the last few years when well over 1,000 would finish. Nevertheless, we were well represented in Louisville this year as listed below:

NAME	TIME
Dan Wells	3:26:43 1st Marathon
Earl Freeman	3:33:54
Bill Sanborn	3:35:30 1st Marathon
Bob Staib	4:17:42
Bob Wood	3:05:55
Dave Palmer	3:32:15
Janie Fergus	3:16:50 1st Marathon
Lou Sievers	3:21:31 P.R.
Suzanne Sanders	3:27:43 P.R. ■

Todd's Road Stumblers, Inc.

milemarker

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THANKSGIVING DAY 5K

by Stan Briggs

The first Thanksgiving Day Run for Hunger 5K was very successful in spite of cold weather and plenty of rain. Held at the Marriott Resort at Griffin Gate, competitors were treated to live music by Mad Catherine and the Moon Dog Pirates, plenty of hot coffee after the race, 80 merchandise awards, and the satisfaction of knowing about \$5,000 was raised for God's Pantry - Crisis Food Center. U.S. Congressman (and fellow Stumbler) Larry Hopkins presided over the awards ceremony.

It was promised that this race will be held again next year. There were 665 official finishers in the race. Wendy Frazier was the second woman overall to finish in 18:34. A number of Stumblers were award winners as follows:

NAME	TIME	PLACE	AGE GROUP
Meg Caskey	22:28	1st	W 13-15
Brenda Curd	21:25	1st	W 20-24
Chere Leonard	23:29	3rd	W 30-34
Marilyn Rivers	22:52	2nd	W 35-39
Zanne Jefferies	28:47	3rd	W 40-44
Susan Cox	22:51	1st	W 45-49
Sharon Blount	27:31	3rd	W 45-49
Joy Carden	30:48	1st	W 50-54
Beth Argabrite	28:27	1st	W 60-64
Mark Thomas	16:27	3rd	M 16-19
Richard Hopkins	16:14	1st	M 25-29
George Braman	16:24	3rd	M 25-29
Mike Raftery	16:26	3d	M 35-39
Doug Worful	17:43	5th	M 35-39
Robert Green	17:46	6th	M 35-39
Bill "Flash" Sanborn	18:51	3rd	M 40-44
W.L. Burke	23:39	2nd	M 60-64
Harry Campbell	28:28	2nd	M 65+ ■

A "SPECIAL" THANKS

*To all the
dedicated
Stumblers who
gave their time
during 1985 to
perform clubhouse
duty.
Your volunteer
spirit is greatly
appreciated
by everyone*